



# MENTAL HEALTH RESOURCES FOR NEW PARENTS IN MARION COUNTY

**Need Help Now!**

## **Suicide and Crisis Lifeline**

Call or text 988, available 24/7

## **National Maternal Mental Health Hotline**

Call or text 1-833-852-6262, available 24/7.  
Interpreters available for 60 languages.

## **Eskenazi Health Crisis Line**

Call 317-880-8485

## **Ascension St. Vincent Stress Center**

Call 317-338-4800, available 24/7

## **Community Based Maternal Health Counseling Services**

Located in most Marion County zip codes; health insurance coverage may vary  
**Adult and Child:** Various locations throughout Indianapolis, call 317-882-5122.  
**Aspire:** Call 317-574-1254 for more information.

## **Marion County Public Health Department Social Work Department:**

Social workers are available for support around mental health, resource, and referral needs. Free. For more information, please call: 317-221-2364.



## **Local Perinatal Mental Health Resources**

### **Ascension St. Vincent Primary Care Center**

Current patients at the Primary Care Center can contact the social worker at 317-338-7516.

### **Community Health Network Mental/Behavioral Health**

Call 800-662-3445 or 317-621-5700 for an appointment.  
Website: <https://www.ecommunity.com/services/mental-behavioral-health>

### **Franciscan Health**

Current patients can contact a nurse navigator at 317-528-5224.  
Current patients with urgent mental health needs should call 317-528-2949.

### **Eskenazi Health**

For mental health support during outpatient clinic appointments, contact social work at 317-880-5792 or 317-501-7823.

### **Sandra Eskenazi Mental Health Center:**

Call 317-880-8491 for an appointment.

### **IU Health**

Perinatal Mood Disorder Program: Call 317-948-7308 to learn more information about services and support groups.

### **HealthNet**

Current patients can call 317-957-2070 to make an appointment.

## **Local Online Resources**

### **MOMS Helpline Indiana**

Call 844-624-6667 (M-F, 7:30 am - 5 pm). Access MOMS Helpline by text message at 844-666-7898 for English and 844-737-6262 for Spanish.  
Website: <https://www.momshelplineindiana.com/>

## **Indianapolis Area Support Groups for Perinatal Mental Health**

**IU Health:** Virtual, Mondays 10:00-11:30 am. Call 317-948-7308 for registration information.

**Ascension St. Vincent:** Virtual, Tuesdays 10:00-11:30 am. Call 317-582-7150 for registration information.

**Community Health Network:** Virtual, Tuesdays 11:00 am. Call 317-621-7998 for registration information.

**Riverview Hospital, Noblesville:** In-person, 1st & 3rd Thursdays 10:00-11:00 am. Email [obeducation@riverview.org](mailto:obeducation@riverview.org) for more information.

**Franciscan Health:** In-person Tuesdays 3:00-4:30 pm. Call 317-528-5620 for registration information. (Burmese support group to be added soon.)  
\*Please contact the organization in advance. Days and times subject to change.

## **Online Resources**

**Postpartum Support International** - Multiple online support groups for moms and dads, including grief support. Call 1-800-944-4773 or text HELP to 800-944-4773 | Para Español, text 971-203-7773  
Website: <https://www.postpartum.net/>

**Maternal Mental Health NOW:** A free web-based pregnancy and postpartum emotional wellness app with helpful information and resources. This website also provides an online emotional wellness self-help toolkit. — Available in English and Spanish.  
Website: <https://mycace.mmhnow.org/>

**Postpartum Progress:** The world's most widely read blog dedicated to maternal mental health.  
Website: <https://postpartumprogress.com/>

**The 4th Trimester Project:** Expert-written resources and information for mothers and their families related to postpartum and mental health.  
Website in English: <https://newmombealth.com/>  
Website in Spanish: <https://www.saludmadre.com/>



# Perinatal Mental Health Disorders

Perinatal: Anytime during pregnancy and postpartum

Depression  
(PPD)

Anxiety  
(PPA)

Panic  
Disorder

Obsessive  
Compulsive  
Disorder  
(OCD)

Postpartum  
PTSD

Bipolar  
Disorders

Perinatal  
Psychosis



## Symptoms

- Feelings of guilt, shame or hopelessness
- Feelings of anger, rage, or irritability, or scary and unwanted thoughts
- Lack of interest in the baby or difficulty bonding with the baby
- Loss of interest, joy or pleasure in things you used to enjoy
- Disturbances of sleep and appetite
- Crying and sadness, constant worry or racing thoughts
- Physical symptoms like dizziness, hot flashes, and nausea
- Possible thoughts of harming the baby or yourself



## Risk Factors

- History of depression, anxiety, or OCD
- Thyroid imbalance, diabetes, endocrine disorders
- Lack of support from family and friends
- Pregnancy or delivery complications, infertility, miscarriage or infant loss
- Premenstrual Syndrome (PMS)
- Financial stress or poverty
- Abrupt discontinuation of lactation
- History of abuse
- Unwanted or unplanned pregnancy



## Treatment Options

- Counseling
- Medication
- Support from others
- Exercise
- Adequate sleep
- Healthy diet
- Bright light therapy
- Yoga
- Relaxation techniques